Mountain Weather Forecast

Northwest Highlands

Including Sutherland, Ben Wyvis, Wester Ross, The Cuillin, Glen Affric, Glen Shiel and Knoydart
Forecast valid from 00:00 on Friday 08 Sep 2023 until 23:59 on Saturday 09 Sep 2023

Forecast Issued on Thursday 07 Sep 2023 at 14:02 by Met Office Aberdeen

Confidence: High for mostly dry weather on Friday but lower confidence on shower detail over the weekend.

Headline for Friday 08 Sep 2023: Early mist soon dispersing, then mostly dry and sunny. Small risk of showers towards dusk.

Mountain weather hazards on Friday 08 Sep 2023

Blizzards
No Likelihood

Heavy persistent snow
No Likelihood

Storm force winds
No Likelihood

Gales
No Likelihood

Severe chill effect
No Likelihood

Poor visibility
No Likelihood

Thunderstorms
Low Likelihood

Heavy persistent rain
No Likelihood

Strong sunlight
Medium Likelihood

Weather and chance of precipitation at 800m							
Time							
00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00
Clear night	Clear night	Partly cloudy (night)	Sunny	Sunny	Sunny	Sunny	Clear night
Precipitation probability							
00%	<05%	<05%	<05%	<05%	<05%	<05%	<05%

Forecast for Friday 08 Sep 2023

Weather: Early mist patches in some glens and lower slopes, quickly dispersing. Then a mostly dry and sunny day although some high level clouds forming. There is a small risk of a shower or thunderstorm during the evening. Becoming very warm or even hot in the glens.

Chance of cloud-free hill tops above 800m: 90%

Low cloud and visibility: Patchy mist at first, then good visibility through the day with any cloud mostly well above the summits.

Check our weather forecast every day to get the most accurate and up to date information
https://www.metoffice.gov.uk/weather/specialist-forecasts/mountain
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Forecast for Friday 08 Sep 2023

Height (m)	Wind Speed mean/gusts (mph)					Wind Direction (blowing from)			
	00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00	00:00
1000	24/29 S	23/29 SW	19/23 S	15/20 S	14/20 SW	16/22 SW	17/21 SW	20/26 S	22/29 SW
900	23/28 S	23/28 SW	18/22 S	14/18 S	14/19 SW	16/22 SW	16/20 SW	19/24 S	20/27 SW
600	14/20 S	15/20 SW	13/17 S	9/13 S	12/18 SW	13/19 SW	11/15 SW	12/18 S	13/20 SW
300	3/15 SW	4/18 SW	3/15 S	2/11 S	5/16 SW	6/16 SW	2/11 SW	2/14 SW	3/16 SW
Glen	1/7 SE	2/10 SW	2/6 NE	2/6 S	5/11 SW	7/14 SW	3/9 S	3/11 S	6/15 S

Height (m)	Temperature / Feels Like (°C)								
	00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00	00:00
1000	15/10	14/10	14/10	15/13	17/14	17/15	17/14	14/11	13/10
900	15/11	14/10	14/11	16/14	18/15	18/16	17/15	15/12	14/10
600	17/15	16/14	16/14	18/17	20/18	20/18	19/18	17/15	16/14
300	18/19	17/18	17/17	20/21	23/24	23/24	21/22	18/19	17/18
Glen	18/19	18/19	17/18	22/24	25/26	25/26	22/23	19/20	19/19
Freezing Level*	3100m	3100m	3200m	3200m	3300m	3300m	3400m	3300m	3200m

**Level above which ground is expected to be frozen/snow is expected to settle.*

Met Office Aberdeen Meteorologist's View
Sunburn and dehydration will continue to be the main hazards for hillwalkers.

Forecast for Saturday 09 Sep 2023
Weather: It will be a cloudier day but still some sunshine and a lot of dry weather. Patchy rain edging into hills near to West Coast during the day with a few showers or thunderstorms breaking out further east.

Maximum wind: Southwesterly winds, average speeds 15 to 20mph with gusts 30mph over the tops.

Chance of cloud-free hill tops above 800m: 80%

Low cloud and visibility: Generally good visibility with clouds staying above many of the tops. Some interruptions to poor visibility over hills near to West Coast and near any heavier showers, with occasional cloud cover down to 700 to 800m.

Temperature: **Glens:** 10 Celsius rising to 22 Celsius
At 800m: 19 Celsius
Freezing level: Well above the summits.

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